COMMUNITY

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EL CENTRAL HISPANIC NEWS

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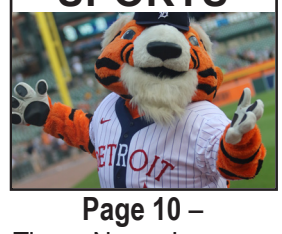
SPORTS



Page 10 – Tigers Negro Leagues Game !!!

Southwest Fest: el evento musical más grande del verano

Por Eric Guzmán

El sábado 19 de agosto de 2023, el Teatro del Senado presentará el Southwest Fest de 2 p. m. a 11 p. m. Este será el tercer año consecutivo que el festival comunitario se llevará a cabo en el Teatro del Senado y ha crecido tanto en popularidad como en la cantidad de patrocinadores del evento. Este año tendrá un total de 45 actos, que son cinco más que el evento del año pasado. Gabriel Duran, el principal organizador, habla sobre cómo se ha llevado a cabo el evento y su pasión por la comunidad.

"Hubo años consecutivos en los que, en el suroeste de Detroit, las festividades del Cinco de Mayo no fueron de la misma manera que cuando algunos de nosotros estábamos pequeños y donde el desfile terminaba con un gran festival en Clark Park; comenzando a perder algunos eventos como el festival puertorriqueño. Esas cosas realmente no suceden demasiado", afirma Duran. "Puedes retroceder aún más a los años 80 y 90, solíamos tener un festival hispano/latino en el centro de la ciudad en Hart Plaza".

Continúa en la pág.2

Southwest Fest: The Neighborhoods' Biggest Music Event of the Summer

By Eric Guzmán

On Saturday, August 19th, 2023, the Senate Theater will be hosting Southwest Fest from 2pm-11pm. This will be the third consecutive year the community festival has taken place at the Senate Theater, and has continued to grow both in attendance and in contributors to the event. This year's lineup will have a total of 45 acts, which is five more additional acts than last year's event. Gabriel Duran, the event's lead organizer, talks about how the event came to be and his passion for his community.

"There were a few years in a row where [Southwest Detroit] didn't have the Cinco De Mayo festivities going on the same way they did when some of us were growing up where the parade would end with a large festival at Clark Park, and we started losing some events like the Puerto Rican festival. Those things don't really happen too much," Duran states. "You can go back even further back into the 80's and 90's, we used to have a Hispanic/ Latin Festival Downtown in Hart Plaza, "

Duran also explains how accessibility for community members serves as the festival's biggest focus. "Of the festivals that have evolved into these large scale events, they started charging a lot of money, and we still live in a neighborhood where these types of festivals aren't as accessible to a majority of the people in the neighborhood," Duran said.

2022 Southwest Fest in Southwest Detroit
Photo by Rizzy's Photography

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There's still time to invest in college with the Michigan Achievement Scholarship

By Ryan Fewins-Bliss, executive director of Michigan College Access Network

Imagine for a moment that you're shopping for a new washing machine. You've narrowed down your options to two choices: a used washing machine for $300, or a brand new model for $1,000. You've run the numbers, and in the long term, the $1,000 machine is a better investment. It uses less water and less electricity. It will last longer and need less maintenance. Over the years, it will save you literally thousands of dollars versus the $300 option.

But it doesn't matter unless you have $1,000 to spend. When budgets are tight, it's easy to pick the more affordable option and kick the consequences down the road.

Michigan College Access Network has been working to improve college attainment in our state for over a decade, and lately it has felt a little bit like selling a $1,000 washing machine. The data continue to show that college is a solid investment. Lifetime earnings for associate degree holders are, on average, $400,000 more than someone who stops formal education after high school. For bachelor degree holders, that jumps to $1 million more.

I could feed you statistics all day that show college is worth the investment in the long run, but it doesn't matter if you don't have the money to get started. Graduating students and their families are getting sticker shock from the rising costs of college. They're hearing stories about people who are still saddled with student loan debt decades after graduation. Affordability is the number one barrier to students enrolling in, persisting through and completing college degrees and certificates.

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Tell them you saw it in *EL CENTRAL*

Southwest Fest: The Neighborhoods' Biggest Music Event of the Summer

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"The biggest idea was accessibility…providing the neighborhood and community with a large-scale event, that's just as exciting as these large-scale festivals, but it's free; free for everybody to attend and to embrace the cultures that we have."

With the cost of admission being free, one would wonder how the event makes any money. According to Duran, he and his team have put together a fundraising committee to reach out to local businesses that want to give back to the neighborhood through Southwest Fest. Duran and his team are now getting to a point financially, where they're able to bring in money for the event through larger entities which gives them a chance to work with a larger budget than in previous years. As a result of each year's success, the fundraising committee has been able to double in fundraising revenues , with hopes of doing the same this year.

Duran has also made it clear how important it is to showcase the talent that Southwest Detroit has. He states that 85 percent of this year's lineup for the event is all from Southwest. A few of those names include Camilla Cantu, Estilo 45, and Disc Jockey George. "It's [about] bringing it back to collectiveness with the community," Duran states. " By putting on a festival this size, it looks fun, and you're automatically bringing that audience. When you bring that audience together, you're showing them people who are essentially their neighbors and it's going to make them support these artists more. The more support these artists get from their own community, the more likely it is that they'll be able to elevate themselves consistently throughout their career and journey through music."

There will be three stages: The Coney Lot which is aimed towards young adults; the Community Lot, which will serve as this year's main stage and will have 70 vendors. Those vendors will consist of food services, community resources and other small businesses and will have performances from grupos, bandas, and younger acts. Finally, inside the State Theater, there will be short film presentations and dance groups.

Southwest Fest is open to all ages, something that Duran talks about as one of the highlights of the event. "It really is a huge mix," Duran states. "You'll see kids from 5-7 years old, to seeing our elders present, being in their early to late 70's. [Southwest Fest] is one of the only times where we see all age demographics present at various points throughout the event in the same spot coexisting."

This has been an event the community looks forward to every year. Duran states that many people reached out to him after the first event expressing not only how much they loved it, but how much it was needed. Within a few short years, Southwest Fest has become a staple event looking to raise the bar each and every year.

Eric Guzman was raised right outside of Detroit but has strong roots in the southwest area. Eric has a strong passion for writing about sports, music, pop culture. He graduated from The University of Michigan-Dearborn with a Bachelor of Arts degree in Journalism and strives to make an impact in the world of multimedia.

Southwest Fest: el evento musical más grande del verano

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Duran también explica que la accesibilidad para la comunidad es el punto más importante del festival. "Los festivales que se convirtieron en estos eventos a gran escala, se volvieron muy caros y aún vivimos en una comunidad donde este tipo de festivales, no son tan accesibles para la mayoría de la gente", dijo Duran. "La idea más importante fue la accesibilidad... brindarle al vecindario y a la comunidad un evento a gran escala, que fuera tan emocionante como esos, pero gratis; para que todos asistan y compartan un poco la cultura".

Dado que es gratuito, uno se pregunta cómo se va a financiar el evento. Según Duran, él y su equipo han creado un comité de recaudación de fondos para llegar a las empresas locales que quieran retribuir al vecindario a través de Southwest Fest. Están llegando a un punto financiero en el que pueden recaudar dinero para el evento a través de grandes entidades, lo que les da la oportunidad de trabajar con un mayor presupuesto que en años anteriores. Como resultado del éxito de cada año, el comité de recaudación de fondos ha podido duplicarlos, con la esperanza de hacer lo mismo este año.

Duran también ha recalcado la importancia de mostrar el talento que tiene el suroeste de Detroit. Afirma que el 85 por ciento de los artistas de este año son locales. Algunos de éstos incluyen a Camilla Cantú, Estilo 45 y Disc Jockey George. "Se trata de traerlos de vuelta a la comunidad", afirma Duran. "Al organizar un festival de este tamaño, se ve divertido y automáticamente atraes a esa audiencia y les muestras a las personas que todos son esencialmente sus vecinos, lo que generará más apoyo a los artistas; cuanto más apoyo obtengan ellos de su propia comunidad, más probable es que trasciendan a lo largo de su carrera y trayectoria musical".

Habrá tres escenarios: The Coney Lot, que está dirigido a adultos jóvenes; el Lote Comunitario, que servirá como escenario principal de este año y contará con 70 vendedores. Esos vendedores serán de alimentos, recursos comunitarios y pequeños empresarios y tendrán actuaciones de Grupos, Bandas y otros artistas. Finalmente, dentro del Teatro del Estado, habrá presentaciones de cortometrajes y grupos de baile.

Southwest Fest es para todas las edades, algo de lo que Duran habla como uno de los aspectos más destacados del evento. "Realmente es una gran mezcla", afirma Duran. "Verás a niños de 5 a 7 años y a nuestros adultos mayores, que tienen más de 70 años. Ésta es una de las únicas ocasiones en las que vemos coexistiendo todas las edades en varios puntos a lo largo del evento en el mismo lugar".

Este es un evento que la comunidad espera con ansias. Durán afirma que muchas personas se acercaron a él después del primer evento y expresaron no solo cuánto les encantó, sino también cuánto lo necesitaban. En unos pocos años, Southwest Fest se ha convertido en un evento básico que busca subir de nivel todos los años.

Eric Guzmán se crió en las afueras de Detroit, pero tiene fuertes raíces en el área del suroeste. Eric tiene una gran pasión por escribir sobre deportes, música y cultura pop. Se graduó de la Universidad de Michigan-Dearborn con una licenciatura en periodismo y se esfuerza por tener un impacto en el mundo de la multimedia.

Artists for this years lineup who are specifically from Southwest Detroit, for Southwest Fest:

- Camilla
- Awkward Theory
- DJ Etta
- Just Shacoi
- Estilo 45
- Jaz Ariana
- Kristof
- Cesar Aquino
- 2Down
- Victorino
- Art. Carter
- Doce Quetzal
- Dani S
- Flacko Suave
- Gemini Child
- Dreyyy
- Henry Silva
- Barlitos
- Shaunboy
- SW Frdo
- Sarah Torres
- Mary Ray $ Mary
- MCSDA
- Luna
- Grupo Monte
- Raices Mexicana

All Southwest Fest photos are from Southwest Fest 2022, provided by Rizzy's Photography

Michigan Achievement Scholarship

Con't from pg. 1

There is help on the way, though. The new Michigan Achievement Scholarship is a bipartisan commitment to our students, and it's changing the conversation around college affordability. Starting with the class of 2023, Michigan students can get up to $27,500 over five years to pay for postsecondary education at an in-state institution. Despite having "achievement" in the name, eligibility is based on financial need, and an estimated four out of five college-going students will qualify.

If you have a 2023 high school graduate in your household, you've probably heard about the FAFSA, the Free Application for Federal Student Aid. For thousands of Michigan families, the FAFSA is the gateway to a debt-free college education. It's the only way to access the Michigan Achievement Scholarship, as well as Pell Grants — federal money for college that does not need to be repaid — and institutional aid. It's not too late to complete the FAFSA and see how much money your student could qualify for, but many colleges and universities are already awarding financial aid, so the sooner students can file the FAFSA, the more opportunities will be available. Students and families can learn more about the Michigan Achievement Scholarship and get FAFSA completion tips at getmimoney.org.

When I visit communities around the state, I often hear some version of "not everyone needs a four-year degree." I agree! We need more people with bachelor's degrees, but we also need more people with associate degrees and certificates to work in critical infrastructure, information technology, clean energy and other emerging fields. The Michigan Achievement Scholarship offers pathways for public colleges and universities (up to $5,500 per year), private colleges and universities (up to $4,000 per year) and community and tribal colleges (up to $2,750 per year). By offering multiple pathways, this scholarship gives students the flexibility to pursue a degree or certificate at an institution that fits their lifestyle and their career goals. Not every graduating student must go to college to have a fulfilling career, but every student should have the option to pursue their dreams through an affordable postsecondary education.

Increasing college attainment is key to Michigan's future prosperity. Michigan has set a goal of Sixty by 30 — 60 percent of Michigan residents having a postsecondary degree or certificate by 2030 — to meet the demands of the modern economy and build stronger communities. College graduates invest more in local businesses, need less government assistance and are more civically involved. Students who use the Michigan Achievement Scholarship will graduate with less debt, which means more money they can spend on housing, vehicles and raising a family.

The time for stopgap measures and $300 washing machines is over — it's time to go big for our students' futures and make a lasting investment. The Michigan Achievement Scholarship is changing the math on college affordability, and that means a brighter future for all Michiganders.

Ryan Fewins-Bliss is executive director of Michigan College Access Network, a nonprofit dedicated to increasing college readiness, participation and completion in Michigan, particularly among low-income students, first-generation college-going students and students of color. You can learn more about MCAN at micollegeaccess.org.

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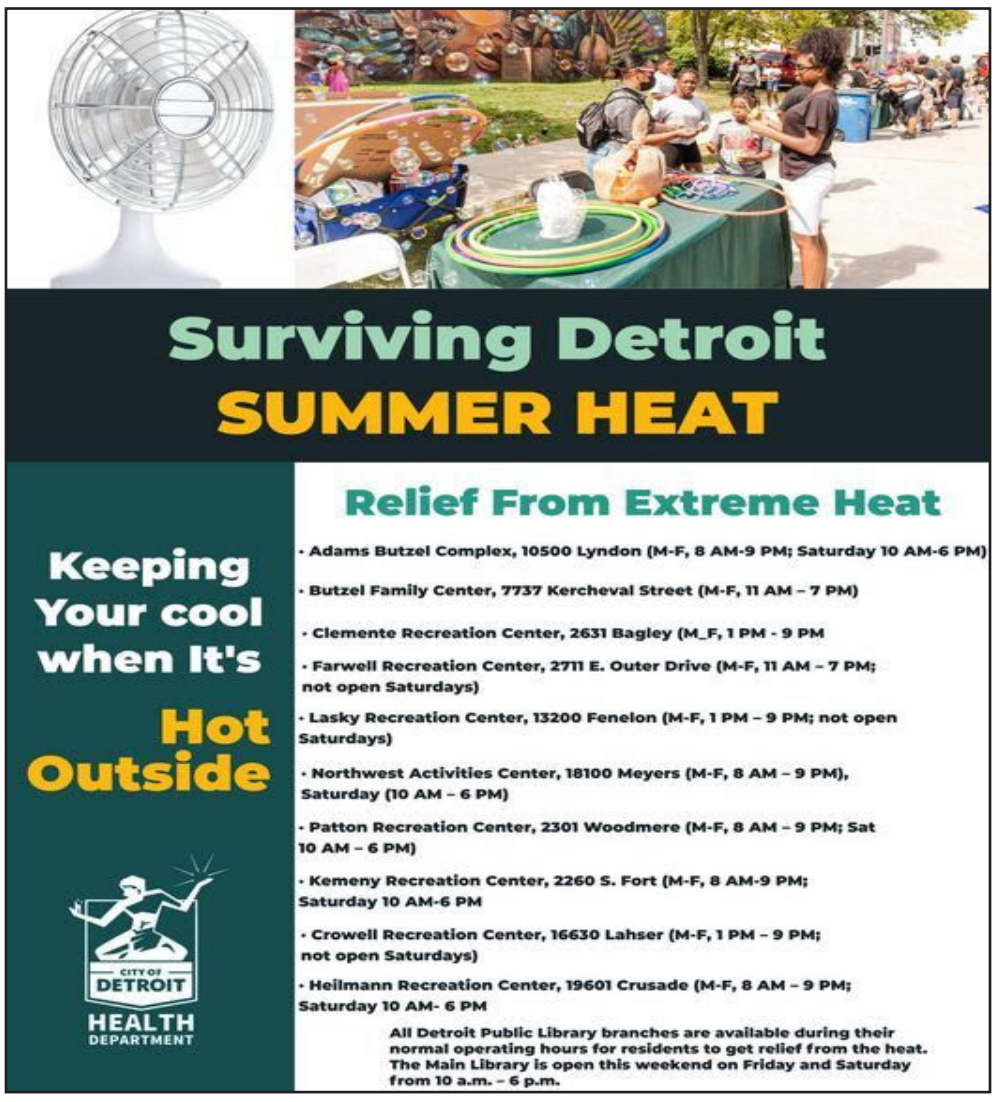
Ryan Fewins-Bliss, executive director of Michigan College Access Network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SUMMER HEAT
Keeping Your cool when It's Hot Outside
Relief From Extreme Heat
• Adams Butzel Complex, 10500 Lyndon (M-F, 8 AM-9 PM; Saturday 10 AM-6 PM)
• Butzel Family Center, 7737 Kercheval Street (M-F, 11 AM – 7 PM)
• Clemente Recreation Center, 2631 Bagley (M_F, 1 PM - 9 PM
• Farwell Recreation Center, 2711 E. Outer Drive (M-F, 11 AM – 7 PM; not open Saturdays)
• Lasky Recreation Center, 13200 Fenelon (M-F, 1 PM – 9 PM; not open Saturdays)
• Northwest Activities Center, 18100 Meyers (M-F, 8 AM – 9 PM), Saturday (10 AM – 6 PM)
• Patton Recreation Center, 2301 Woodmere (M-F, 8 AM – 9 PM; Sat 10 AM – 6 PM)
• Kemeny Recreation Center, 2260 S. Fort (M-F, 8 AM-9 PM; Saturday 10 AM-6 PM
• Crowell Recreation Center, 16630 Lahser (M-F, 1 PM – 9 PM; not open Saturdays)
• Heilmann Recreation Center, 19601 Crusade (M-F, 8 AM – 9 PM; Saturday 10 AM- 6 PM
All Detroit Public Library branches are available during their normal operating hours for residents to get relief from the heat. The Main Library is open this weekend on Friday and Saturday from 10 a.m. – 6 p.m.
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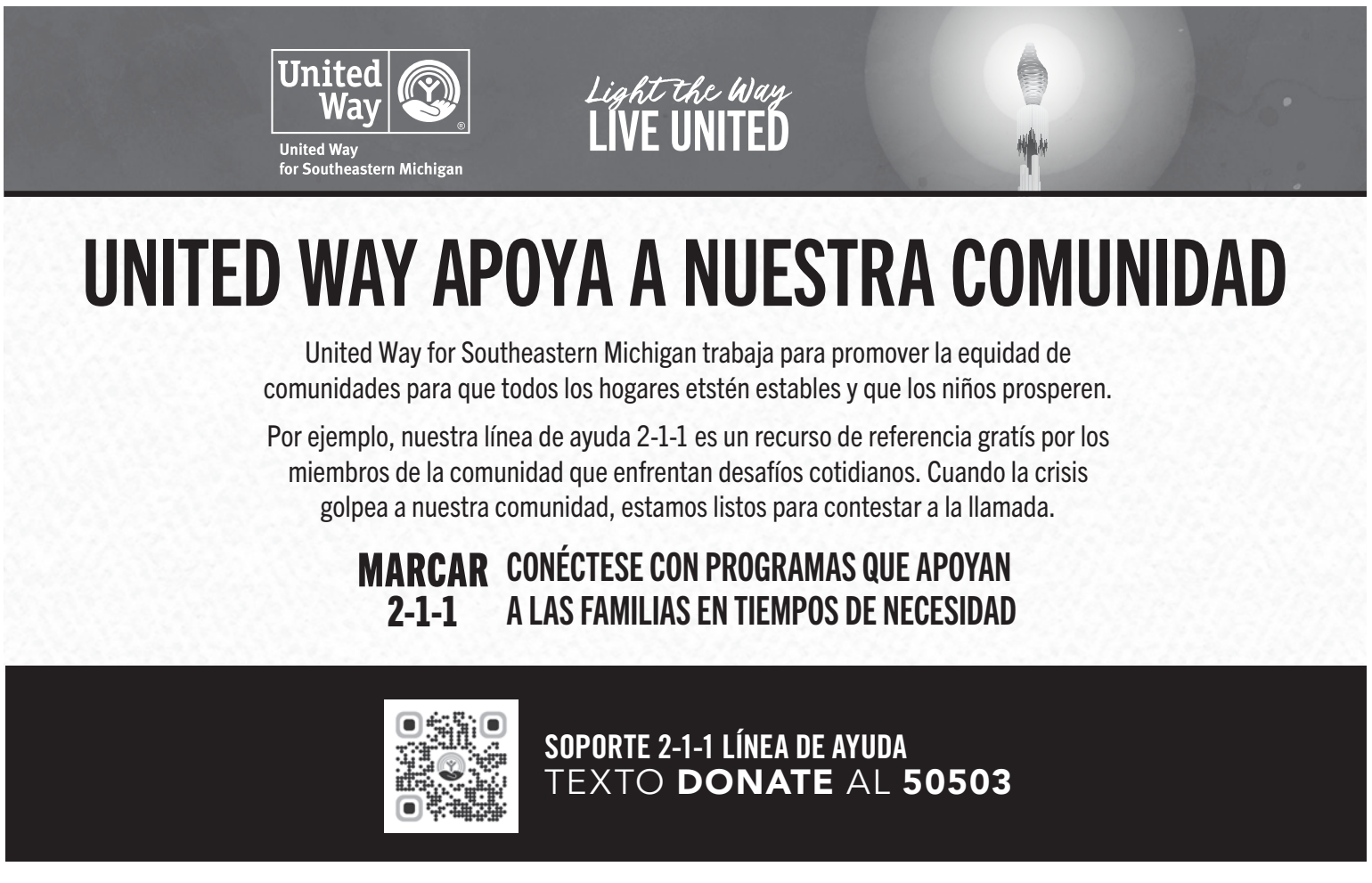
United Way
United Way for Southeastern Michigan
Light the Way
LIVE UNITED
UNITED WAY APOYA A NUESTRA COMUNIDAD
United Way for Southeastern Michigan trabaja para promover la equidad de comunidades para que todos los hogares etstén estables y que los niños prosperen.
Por ejemplo, nuestra línea de ayuda 2-1-1 es un recurso de referencia gratís por los miembros de la comunidad que enfrentan desafíos cotidianos. Cuando la crisis golpea a nuestra comunidad, estamos listos para contestar a la llamada.
MARCAR 2-1-1 CONÉCTESE CON PROGRAMAS QUE APOYAN A LAS FAMILIAS EN TIEMPOS DE NECESIDAD
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SPECIAL WORLD'S CULTURES

Digital Photography

Digital Photography

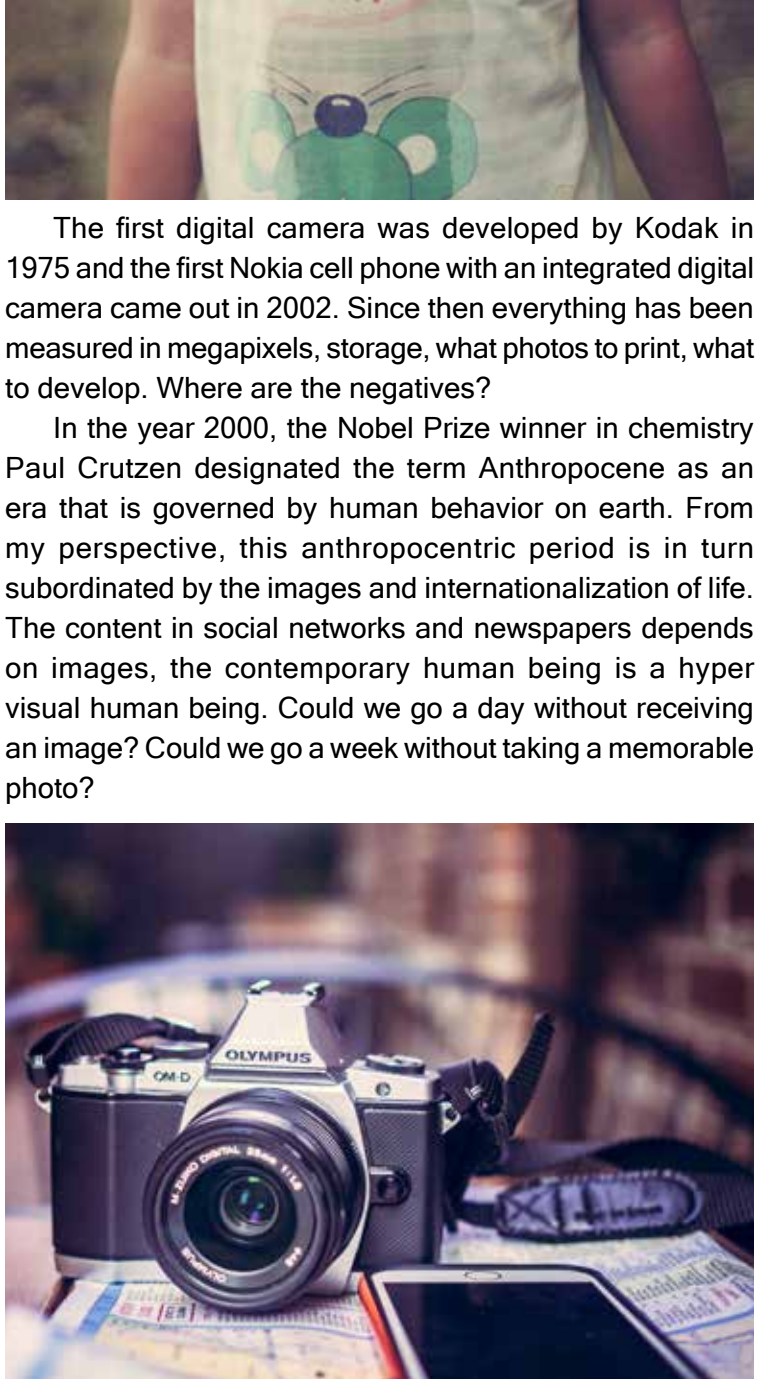
In contemporary life, images are a crucial part of the way we relate to the world. In these images there may be illustrations, decorations, designs, or even photographs.

Photography in our contemporary life is of crucial importance, such that when we think of a cell phone, it is difficult for us to imagine acquiring one that does not have a camera. How would we live without a camera? In social networks, the place of cameras has not remained only in photography, but has also reached the field of video.

On Instagram and TikTok, the production of images and videos could be considered proportional to their consumption, however, much of the content generated does not exceed a few thousand or hundreds of users, who may be part of their local community.

For influencers and content creators, a good quality camera is their work tool, as well as good lighting. But... can we remember more than the era of the digital camera? Do we still have the negatives of some photographs developed in the nineties?

I remember that at home we had a camera with which we took photos, and we tried to pay special attention, because the rolls we tried were 36 Fujifilm photography. We only had a few rolls per meeting, so we had to carefully observe what was happening to save the most representative moments. A laugh, a knowing look, a cry or a mischief, or a moment that was memorable. Family photos in which everyone posed with smiles were not the goal, but an instant. Yes, you had to remember the wedding, the first communion, the baptism, the date, the visit to the zoo or the park, but both the photographers and the guests knew that there were only certain opportunities in each roll and they had to make the best of them. It was not like now that there was a camera for each person with a cell phone and digitization to choose the best one. The commitment to take the picture with the perfect frame was the objective when taking the camera.



The first digital camera was developed by Kodak in 1975 and the first Nokia cell phone with an integrated digital camera came out in 2002. Since then everything has been measured in megapixels, storage, what photos to print, what to develop. Where are the negatives?

In the year 2000, the Nobel Prize winner in chemistry Paul Crutzen designated the term Anthropocene as an era that is governed by human behavior on earth. From my perspective, this anthropocentric period is in turn subordinated by the images and internationalization of life. The content in social networks and newspapers depends on images, the contemporary human being is a hyper visual human being. Could we go a day without receiving an image? Could we go a week without taking a memorable photo?

Tell them you saw it in EL CENTRAL
Diles que lo viste en EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

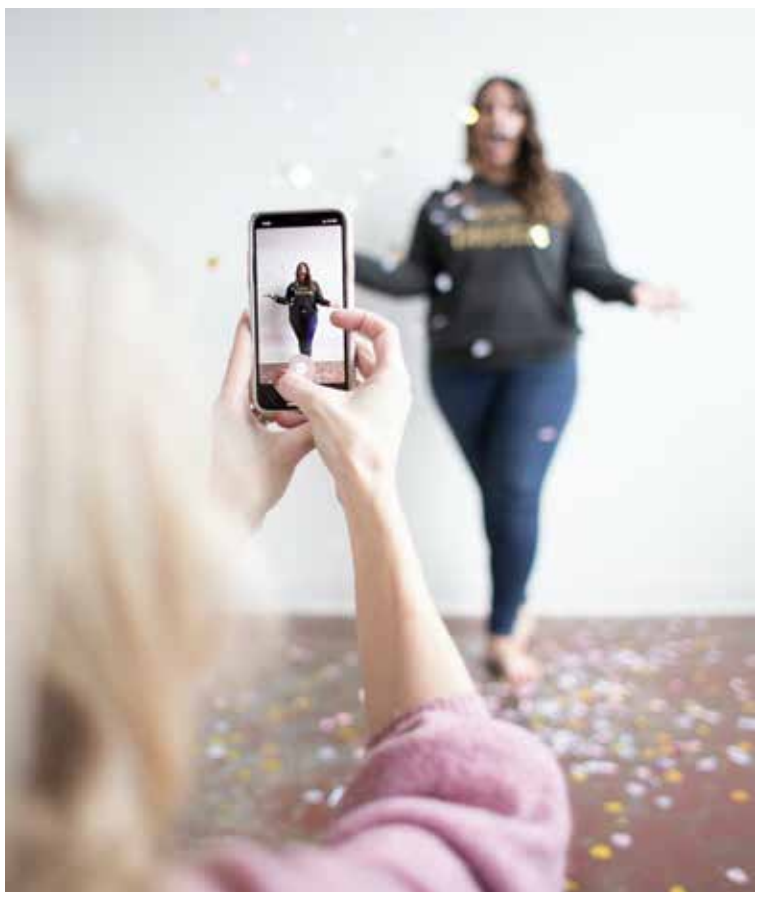
Fotografía digital

Fotografía digital

En la vida contemporánea las imágenes son parte crucial de la manera en que nos relacionamos con el mundo, en estas imágenes puede haber ilustraciones, decoraciones, diseños, o bien, fotografías.

La fotografía en nuestra vida contemporánea es de crucial importancia, tal, que cuando pensamos en un celular difícilmente nos es posible imaginarnos la adquisición de uno que no tenga cámara, ¿cómo habríamos de vivir sin una cámara fotográfica? En las redes sociales el lugar de las cámaras no se ha quedado tan sólo en la fotografía, sino también ha llegado al ámbito del video.

En Ínstagram y TikTok la producción de imágenes y videos podría considerarse proporcional a su consumo, no obstante, mucho del contenido generado no pasa de algunos miles o cientos de usuarios, que puede ser formen parte de su comunidad local.



Para los influencers y creadores de contenido, una cámara de buena calidad es su herramienta de trabajo, así como una buena iluminación. Mas… ¿podremos recordar más atrás de la era de la cámara digital? ¿tenemos aún los negativos de algunas fotografías reveladas en la década de los años noventa?

Recuerdo que en casa teníamos una cámara fotográfica con la que tomábamos las fotos, y procurábamos prestar especial atención, pues los rollos procurábamos fueran de 36 fotografía Fujifilm. Sólo teníamos unos cuantos rollos por reunión, así que debíamos observar con detenimiento lo que sucedía para guardar los instantes más representativos. Una carcajada, una mirada de complicidad, un llanto o una travesura, o un momento que fuera memorable. Las fotografías de familia en las que todos posaban con sonrisas no eran el objetivo, sino un instante. Sí, había que recordar la boda, la primera comunión, el bautizo, la cita, la visita al zoológico o al parque, pero tanto los fotógrafos como los invitados sabían que había sólo ciertas oportunidades en cada rollo y debía de sacar el mejor provecho de éstas. No era como ahora que había una cámara por persona con celular y la digitalización para escoger la mejor. El compromiso a tomar la fotografía con el encuadre perfecto era el objetivo cuando se tomaba la cámara.

La primera cámara digital fue desarrollada por Kodak en 1975 y el primer celular Nokia con cámara digital integrada salió en el 2002. Desde entonces todo se ha ido midiendo en megapixeles, en almacenamiento, en qué fotos imprimir, qué revelar. ¿Dónde quedaron los negativos?

En el año 2000, el ganador del premio Nobel de química Paul Crutzen designó el término Antropoceno como una era que está regida por el comportamiento humano sobre la tierra. Desde mi perspectiva, este periodo antropocéntrico está a su vez supeditado por las imágenes y internacionalización de la vida. El contenido en redes sociales y periódicos ahora depende de imágenes.

Espera nuestro Especial Semanal

CULTURAS LATINOAMERICANAS,

by Mariana Ayón RV

Gov. Whitmer Establishes Michigan Department of Lifelong Education, Advancement, and Potential

New department will focus on early learning and higher education, improving long-term student outcomes, developing talent, and growing economy

LANSING, Mich. — Governor Gretchen Whitmer recently signed an executive order establishing the Michigan Department of Lifelong Education, Advancement, and Potential, or MiLEAP. The new department will be tasked with improving outcomes from preschool through postsecondary so anyone can 'make it in Michigan.' MiLEAP will achieve this goal by establishing clear metrics, collaborating with cross-sector leaders at the local, regional, and state level, and developing a shared action plan.

"Every Michigander deserves a path to 'make it in Michigan' with strong, lifelong learning support," said Governor Whitmer. "For too long, we have thought of education as K-12, but we know that's not good enough. I'm establishing MiLEAP today because we need to get every kid started early, in pre-K, so they succeed in kindergarten, have paths after graduation to get higher education tuition-free, and forge strong partnerships with our employers so they can get a good-paying, high-skill, and in-demand job. MiLEAP will help our learning ecosystem take the jump to the next level as we grow our economy and build a brighter future for Michigan."

As a department, MiLEAP will partner with the Michigan Department of Education and State Board of Education, complementing their long-term planning efforts. The new department will also work with the new Growing Michigan Together Council as they look at ways to strengthen preschool to postsecondary learning while growing the state's economy and population.

MiLEAP Purpose

For far too many Michiganders, opportunity is still connected to who you know, how much money is in your pocket, or where you live. This must change. MiLEAP will ensure all available resources, data, and funds are aligned around a single vision—building an education system that can support the economy of the future and help anyone make it in Michigan.

MiLEAP Goals

There are three broad goals:

• Add capacity in our early learning team, so every child is ready for kindergarten.

• Accelerate progress toward our Sixty by 30 goal, so everyone can earn a skill certificate or degree after high school, tuition-free.

• Prioritize community, regional, and state partnerships that help our students succeed.

MiLEAP Structure

MiLEAP will be led by a Director, appointed by the governor. The Director will join the governor's Cabinet.

To focus on the three topline goals above, MiLEAP will be comprised of three offices:

1. Office of Early Childhood Education: lead statewide efforts to ensure that all young children meet their developmental milestones and enter kindergarten with the tools and ability to succeed in school. Oversee programs and policies statewide related to early learning and care, family engagement and education, pre-K, and child care.

2. Office of Higher Education: lead statewide efforts to ensure that every Michigander has the skill certificate or degree they need to prosper, and help employers hire the talent they need to succeed. The Office will lead administration of state student financial aid to lower the cost of college and assist prospective students in making decisions about postsecondary education. Also work to increase college enrollment, graduation, and attainment rates.

3. Office of Education Partnerships: lead statewide efforts to build and sustain partnerships that enhance educational opportunities and outcomes throughout the state from preschool through postsecondary education. Broaden perspectives represented in decision-making, including by providing staffing and support to commissions appointed by the Governor. Expand access to programs that extend learning beyond the classroom (before school, after school, summer programming, employer-partnerships).

All three Offices will collaborate with other State of Michigan departments and entities, as needed, to achieve their goals.

What does MiLEAP mean for my kid?

When they're 2…

MiLEAP will help families with young children get access to quality, affordable child care by coordinating resources for Michigan's youngest learners. Then, the 2-year-old will enroll in free pre-K thanks to investments in the recent, bipartisan budget that takes steps to deliver pre-K for all kids at age 4. This will help ensure parents are confident their child will show up at kindergarten ready to thrive.

When they're 12…

MiLEAP will ensure public school students in Michigan have the community-support they need to reach their full potential. For example, MiLEAP will allow 12-year-olds to have access to before and after school programming that is affordable and connected to their interests. Instead of leaving students with questions about the education they will need after high school, MiLEAP will help them learn about future career paths during their after-school program.

When they're 22…

MiLEAP will create low or no-cost paths for students to earn an affordable education in an in-demand field. The department will help them get the support they need on campus to graduate on-time and pursue a fulfilling career right here in Michigan.

"I am excited to be the first to applaud Governor Whitmer for establishing this department," said state Representative Samantha Steckloff, Chair of the House Appropriations Subcommittee on Higher Education (D-Farmington Hills). "Pulling together our state's dedicated continuing education resources into one centralized hub is good for our students, and good for our economies. Through MiLEAP, we will be able to better attract, educate, and retain the skilled workforce needed for Michigan to lead throughout this century and beyond."

"We are thrilled by Gov. Whitmer's MiLEAP announcement and her administration's continued commitment to creating opportunities for every student, regardless of their ZIP code, age or income level," said MEA President-elect Chandra Madafferi, a longtime teacher from Oakland County. "Education is a lifelong pursuit, and it's important that we provide the scaffolding needed to assist students and parents every step along the way. MiLEAP will help create stronger pathways to success for students from preschool through higher education and help them realize their full potential."

"This is a big opportunity for young children, their families, and the early care and education workforce, which is the backbone of Michigan's economy," said Dawne Bell, CEO, Michigan Early Childhood Investment Corporation (ECIC). "We are so thankful for Governor Whitmer's leadership in unifying and aligning these resources and services and for her commitment to ensuring Michigan families have access to equitable, high-quality, and affordable early care and education. At ECIC, we believe learning begins at birth. We look forward to collaborating with MiLEAP to further capacity and increase investments in the earliest years."

"The new Michigan Department of Lifelong Education, Advancement, and Potential (MiLEAP) will empower all of us to align the necessary partnerships, resources, and relationships to ensure every Michigan child has an amazing future. Together, with MiLEAP, we can give the same care and consideration to each decision we make as if it were to impact the future of our own children," said Dr. John Severson, Executive Director of the Michigan Association of Intermediate School Districts.

"Out-of-school time programs across Michigan provide critical educational opportunities for our state's youth – this new department's focus on unlocking our children's potential will deliver more and better of these opportunities statewide," said Erin Skene-Pratt, executive director of the Michigan Afterschool Partnership. "Before and after school programs and summer learning offerings are important for student success, so fitting this work together in Mi-LEAP with early childhood through post-secondary attainment is a smart, strategic step that will benefit Michigan's youth."

EL CENTRAL
HISPANIC NEWS

Michigan's #1 oldest, largest and only bi-lingual Hispanic news. Minority (Hispanic) and woman owned • Multi-year winner of Jose Marti National Award for excellence in Editorial and Design. Published in Metro Detroit since 1988.

EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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Black Bean Fajita Skillet

Ingredients

- 1 tablespoon olive oil
- 1 (12-ounce) package sliced fajita vegetables
- 1 (15-ounce) can no-salt-added black beans, rinsed
- 1/2 teaspoon salt-free Southwest-style seasoning blend
- 1/4 teaspoon salt
- 1/4 cup coarsely shredded cheddar cheese, plus 1 ounce, optional, shredded

Directions

Ready In:
15 minutes

Step 1
In a large skillet over medium heat, add the oil and the fajita vegetables and sauté until the veggies are tender, about 10 minutes.

Step 2 -
Stir the black beans, the Southwest-style seasoning, and the salt into the veggies and cook, stirring, until the beans are heated through, about 1 minute.

Step 3 -
Divide the veggie and bean mixture between two bowls and top each with 2 tablespoons of the cheese.

Step 4 -
Serve.

So-Good Tamale Pie

Ingredients

For the chicken filling:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cups chicken, cooked and shredded
- 1 1/2 cups tomato salsa or enchilada sauce
- 1 (15-ounce) can red or black beans, rinsed and drained
- 1 teaspoon taco seasoning

For the cornbread topping:

- 2 large eggs
- 1 tablespoon sugar
- 6 tablespoons unsalted butter, softened
- 1 1/4 cups all-purpose flour
- 1 1/4 cups cornmeal
- 1 teaspoon kosher salt
- 1 tablespoon baking powder
- 1 cup milk
- 1/2 cup corn kernels, fresh or frozen
- 1 cup sharp cheddar cheese, shredded
- 2 tablespoons fresh cilantro, chopped
- avocado, optional, to taste, sliced, for serving
- sour cream, optional, to taste, for serving

Directions

Ready In:
1 hour

Step 1
Preheat the oven to 400 degrees F.

Step 2 -
In a large, oven-safe skillet over medium heat, add the olive oil and the onion and cook, stirring frequently, until the onion is translucent, about 2-3 minutes.

Step 3 -
Add the chicken and the salsa into the skillet with the onion, stirring to combine.

Step 4 -
Stir the beans and the taco seasoning into the chicken mixture and transfer the skillet from the heat.

Step 5 -
In a large bowl, whisk the eggs, the sugar, and the butter together.

Step 6 -
In another bowl, sift the flour, the cornmeal, the salt, and the baking powder together.

Step 7 -
Alternately stir 1/2 of the milk and 1/2 of the flour mixture into the egg mixture until fully incorporated.

Step 8 -
Fold the corn, the cheese, and the cilantro into the cornbread batter mixture.

Step 9 -
Spoon the cornbread batter over the chicken mixture.

Step 10 -
Bake the chicken mixture until the top of the cornbread is lightly golden-brown, about 25-35 minutes.

Step 11 -
Slice and serve the tamale pie with the avocado slices and the sour cream.

Salma Hayek publica foto junto a Jennifer Lopez, de sus inicios en Hollywood

Mientras que Jennifer Lopez posó en lencería, poco antes de cumplir 54 años, Salma Hayek se convirtió en una Barbie de carne hueso con un sexy bikini y sedujo a su esposo. Por separado, ambas han causado furor en redes sociales, pero este lunes 24 de julio, la mexicana se encargó de que juntas, duplicaran ese efecto entre sus fans.

Y es que, precisamente a propósito del cumpleaños de JLo, Salma recurrió a Instagram para compartir una foto del pasado, en donde aparecen ambas, cuando sus carreras en Hollywood estaban comenzando.

Lo más llamativo de la imagen, además de que con ellas posan Ben Affleck, Gael García Bernal y otras celebridades, es el mensaje de Hayek, quien recordó que en aquella época, había varios que no le tenían fe a las carreras de ambas.

"¡Feliz cumpleaños, @jlo!", escribió la actriz nacida en Veracruz en su post, y luego explicó la razón de mostrar esa imagen de antaño. "Anoche, de la nada, encontré esta foto. Supongo que significaba que tenía que compartirla en tu día especial".

Enseguida, Hayek, quien acaba de revelar que, a inicios de su carrera no tenía dinero para comprar ropa, hizo otra confesión sobre su pasado y el de su colega. "[Esa foto] me hizo recordar aquellos tiempos en los que decían que no lo lograríamos. Luego dijeron que no duraríamos", apuntó acompañado de emojis de risa, pues en este 2023, es claro que tanto Jennifer como ella la han hecho en grande en a nivel mundial.

Para cerrar su comentario, Salma le pidió a Lopez que continuara por la misma senda del éxito. "¡Sigue brillando, chica, y disfruta cada segundo de ello!",

concluyó, no sin también apuntar que, en la foto del recuerdo, estaban con ellas Susan Sarandon y el fallecido agente de talentos Ed Limato.

Agradecida por el recuerdo, JLo colocó tres emojis de corazón y un más con gorrito de fiesta en la publicación de Salma.

En mayo pasado, las dos famosas estuvieron presentes en la MET Gala, pero no coincidieron para poder tomarse una foto juntas. Así lo hizo saber Hayek, quien escribió lo siguiente en Instagram: "Las verdaderas Divas se admiran se respetan y algunas veces se vuelven buenas amigas. Me hubiera encantado tomarme una foto con #JLo, que por cierto se veía hermosa, pero desafortunadamente nunca nos cruzamos. Prometo encontrarla la próxima vez".

Aunque no logró tomarse selfie con Lopez, la mexicana salió del evento con una buena colección de fotos, entre ellas, junto a Anitta y su inseparable e íntima amiga Penélope Cruz.

Sofía Vergara revela cómo pasó de vender calendarios a hacer negocios millonarios

Sofía Vergara es una de los rostros latinos más reconocidos en el mundo del espectáculo, además de que su talento la ha llevado a protagonizar una de las series más vistas en Estados Unidos: 'Modern Family'. Pero no siempre ha estado en la cima de todo y la misma colombiana lo cuenta todo.

La vida ha sido difícil para la actriz, incluso Sofía Vergara acaba de anunciar que se divorcia de Joe Manganiello tras siete años de matrimonio, pero aunque en el amor las cosas no salieron como lo esperaba, en el tema económico la artista tiene mucho qué presumir.

Tal vez pocos recuerdan sus inicios en la televisión hispana, pero es la misma artista quien en una entrevista en el programa 'Hart to Hart', presentado por Kevin Hart, Vergara reveló a detalle cómo fue el ascenso de su cuenta bancaria con la creación de distintos negocios que le costaron tiempo y dedicación.

La famosa celebridad, conocida por su destacado papel de 'Gloria' en 'Modern Family', contó desde cuando tuvo que salir de su natal Colombia donde vivía entre problemas hasta el día que se dio cuenta que vender calendarios con su foto era reconocerse como un producto para aprovechar mejor sus oportunidades.

"En el mercado latino, tenía mi trabajo en Univision. En ese momento, en los años 90, estaba ganando dinero. Pero no era dinero de la mansión. Siempre quise más. Siempre quise crear algo para mí, para mi hijo, para mi familia", contó la estrella latina.

"Me fui de Colombia, de vivir con muchos problemas, a los Estados Unidos, y me quería encargar de todos. Quería ganar dinero. Me encanta el dinero", dijo con una sonrisa.

Sofía Vergara, quien a sus 50 años impacta las redes con sus sexis y ajustados

trajes de baño, aseguró que en ese tiempo ganaba dinero para tener una vida cómoda y pagando la escuela de su hijo Manolo Gonzalez-Ripoll Vergara, pero sin llegar a lo ostentoso como tener una mansión o un coche de lujo, estableció tres negocios exitosos que aumentaron sus finanzas, como una firma de gestión de talentos llamada 'Latin World Entertainment', una marca de lencería llamada 'EBY y Raze', y una empresa de medios digitales con enfoque latino.

Todas estas empresas, junto con sus proyectos de actuación, la convirtieron en 2012 en la estrella femenina mejor pagada de la televisión, logrando un patrimonio neto de 19 millones de dólares.

"Está bien, solo quieres preguntarme cuánto gané. Gané más que todos los estadounidenses allí. Bueno, Ed O'Neill estaba ganando más dinero que yo pero, ¿puedes creerlo?, latino, y sonando así", le dijo la oriunda de Barranquilla.

Vergara, quien ha sabido capitalizar su talento en la televisión en conjunto con su personalidad, ha sido parte de la publicidad de marcas tan importantes que le han dejado otros millones de dólares más, reflejándose que a sus 51 años cumplidos disfruta de las mieles del éxito y por el momento parece no haber fin.

ENTRETENIMIENTO

Karol G estuvo en la fiesta de cumpleaños de Selena Gomez junto a más estrellas

Este 22 de julio, Selena Gomez cumplió 31 años. Y aunque en un inicio dijo que lo único que quería por su cumpleaños eran donaciones de sus fans para causas benéficas; al final del día, resulta que la famosa de origen mexicano tuvo una gran fiesta llena de celebridades que se dieron cita para pasarla en grande.

La noche de este sábado, Gomez protagonizó una rumba épica, en la que no pudo faltar el sabor latino abanderado por Karol G, quien con un sensual vestido rosa fue participe de los festejos.

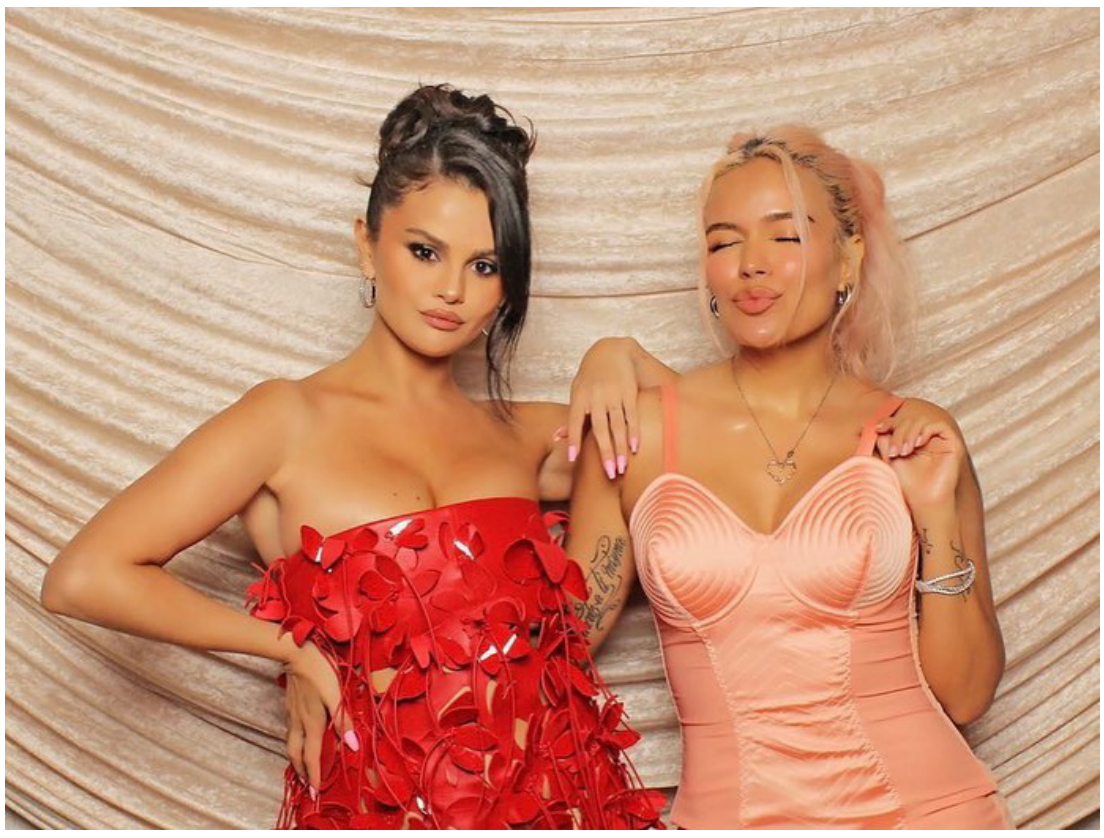
A través de su perfil de Instagram, en donde rebasa los 64,000,000 de seguidores, 'La Bichota' dejó ver que es gran amiga de Gomez, junto a la que compartió imágenes en las que ambas lucen felices y muy guapas.

La festejada, nacida en 1992, optó para gran parte de la gala por un vestido rojo strapless, y un peinado alto, que combinó con manicura nude, maquillaje discreto y un par de arracadas de plata como único elemento de joyería.

Sin embargo, la intérprete de 'TQG' no fue la única famosa invitada al festín, el cual contó con la presencia de Nicola Peltz Beckham, que fue una de las primeras en expresar públicamente sus mejores deseos a la exestrella de Disney.

Paris Hilton, la cual recién debutó en la maternidad vía vientre de alquiler, también estuvo presente, según la propia festejada dejó ver en una postal blanco y negro incluida en el álbum de su fiesta de 31 años. La socialité también felicitó a Selena en sus Stories de Instagram del día de ayer.

Christina Aguilera, cantante de origen ecuatoriano, fue invitada igualmente. Gomez, quien ayer pidió donaciones para



Rare Impact Fund a través de una foto de ella con un pastel de cumpleaños, tuvo otra tarta anoche, cuando DJs animaron su gran festejo.

Pero la cosa no quedó ahí, ya que la protagonista de 'Only Murders in the Building' tuvo una proyección de 'Barbie: The Movie', la cinta que está causando conmoción alrededor del mundo entero. Y, como era de esperarse, siendo fieles al dress code, a la hora de la función de cine, Selena Gomez y sus famosas amigas vistieron de rosa.

Sin duda, la dueña de Rare Beauty tuvo un festejo épico por ocasión de sus 31 años, en donde, al reunirse tantas celebridades, quedó claro que se trata de una de las famosas más queridas de Hollywood.

Elon Musk cambiará el pajarito azul de Twitter por una X

El logotipo del pajarito azul que ha identificado a Twitter por años pronto pasará a ser historia, de acuerdo con el propietario de la plataforma, Elon Musk, que planea identificarlo simplemente con una "X".

Un cambio a la identidad visual de Twitter

El millonario empresario ha recurrido, como suele hacer, a tuits para dejar saber sus planes y sorprendió a millones de usuarios que por años se han familiarizado con el pajarito azul.

Y pronto diremos adiós a la marca Twitter y, poco a poco, a todos los pajaritos", señaló en un mensaje, tras el cual agregó que "si esta noche se publica un logotipo X lo bastante bueno" lo pondrán "en directo en todo el mundo".

También ha publicado varias fotos y en una aparece una X en movimiento con un fondo negro y en otra, el empresario está con sus manos cruzadas en forma de X.

También publicó una foto del pajarito en blanco con fondo negro acompañado por el mensaje: "Así, pero X".

Si X es lo más parecido en estilo a algo, debería ser, por supuesto, Art Deco", afirma.

La X también presente en su apuesta por la IA

Musk puso en marcha este 2023 una compañía de inteligencia artificial para la que también usó la letra x al llamarla "xAI" y cambió el nombre a la empresa, que compró en 2022 por 44,000 millones de dólares, por una X.

El también dueño de Tesla, del programa espacial SpaceX y Neuralink hace este anuncio después de que hace una semana naciera "Threads", la nueva red social de Meta que busca competir con Twitter.

La letra X ha estado presente en los negocios y la vida empresarial de Musk en el pasado: X.com era el nombre original de Paypal y está en su empresa SpaceX, pero también en el nombre de su hijo que nació en 2020. Quiere que la X sea una aplicación para todo.

Tigers Negro Leagues Game !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

This past Saturday, the Detroit Tigers their 27th Annual Negro Leagues weekend.

The Detroit Tigers wore the Detroit Stars uniform on Saturday.

On Saturday, the Tigers handed out Detroit Stars Jerseys to the first 15,000 fans at the game.

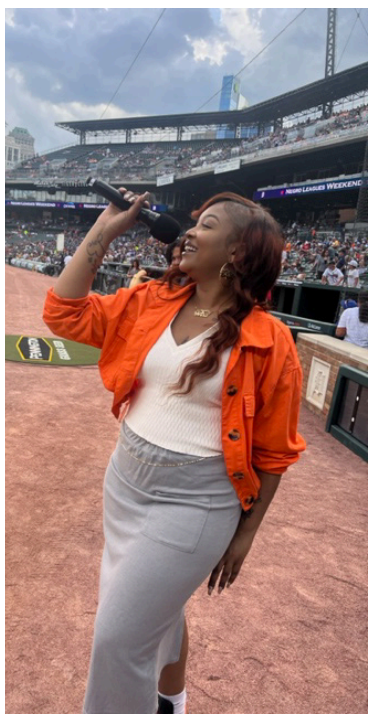
Special on field, and in the concourse presentations took place with former Negro Leagues players.

Photos below are highlights from the 27th Annual Negro Leagues weekend at Comerica Park

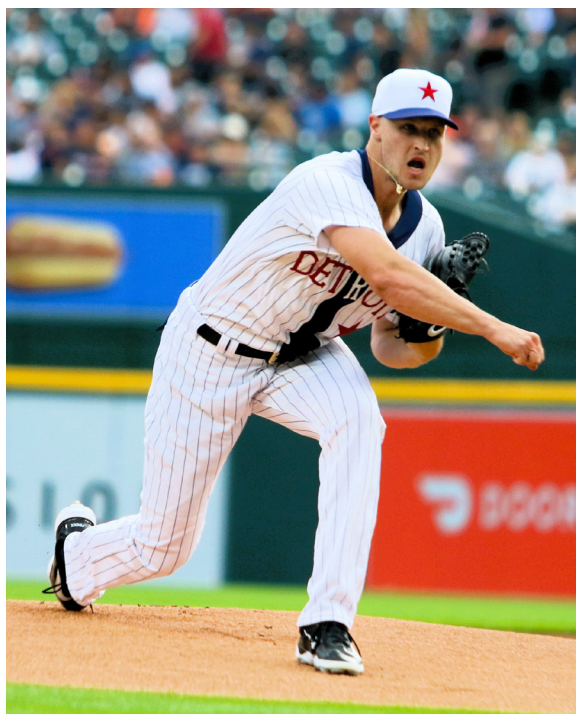
Photos by Mike Alberts/ EL CENTRAL

Curtis Granderson was honored with an on-field presentation of the Willie Horton African American Legacy Award on Sunday. Granderson played with the Detroit Tigers from 2004-2009

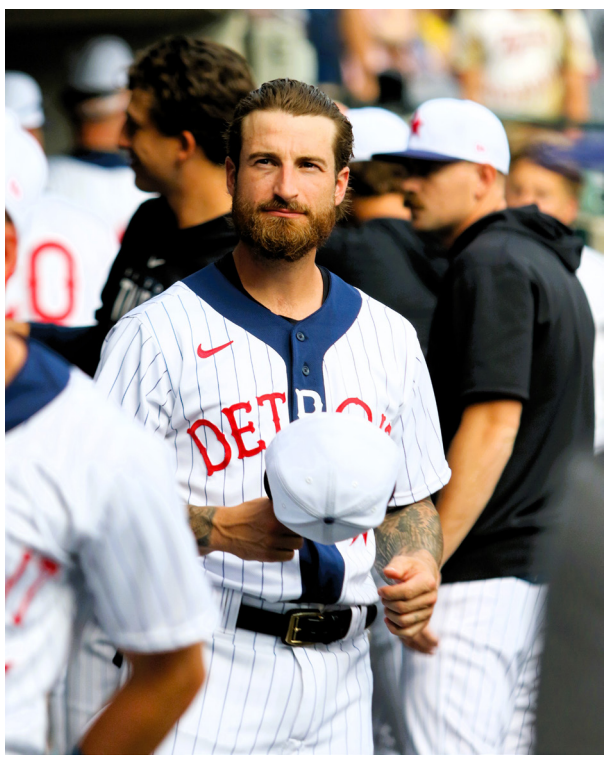
Sam Allen - Former Negro League Player prepares to throw the Honorary First Pitch before the game on Saturday



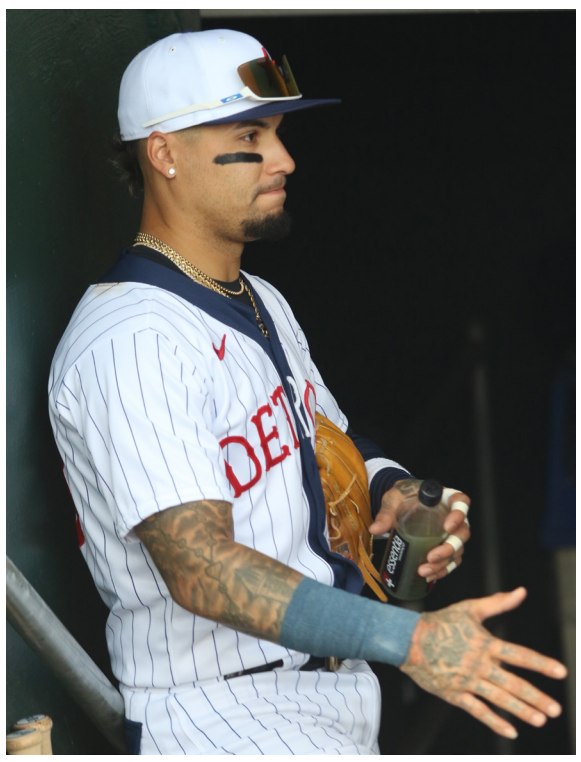
Johnyce Jackson of Detroit had the honors of singing the National Anthem before the game on Saturday



Tigers starting pitcher for Saturday's game was #25 Matt Manning. Manning pitched 2 innings before a rain delay on during Saturday's game



Tigers RF #8 Matt Vierling, wearing Detroit Stars uniform, during Saturday's game



Tigers Shortstop #28 Javier Baez, wearing Detroit Stars uniform, during Saturday's game

Willie Horton unveils the Norman Turkey Stearnes Detroit Stars Replica Jersey.

Pre-game panel Q&A at Comerica Park, before Saturday's Negro Leagues game. (L-R) Pedro Sierram, Minnie Forbes (former owner of Detroit Stars), Johnny Walker, Sam Allen, Ron Teasley (former Northwestern Coach and Negro League Player), Jake Wood (first African American Player to rise through the farm system and play for the Detroit Tigers), and Willie Horton

DCFC RISING

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

David Levine
EL CENTRAL

After going six games without a win, Trevor James had to take drastic action to keep DCFC in the hunt for a playoff spot. To take on the defending Eastern Conference Champions Louisville City, he made a radical formation change. Gone was the 3-4-1-2 used so frequently and ultimately shut down by most opponents since mid-summer last year. Le Rouge trotted out a more pragmatic 4-4-1-1 with striker Ben Morris filling the role with which he is most familiar: center forward. Dario Suarez took the free role underneath, leaving Skage Simonsen and Yazeed Mathews on the bench.

With roles clearly settled in the new shape, DCFC put in their best 90 minutes of the season and earning a well-deserved 2-0 win. Morris scored the opening goal and looked sharper than he has on most nights. They followed that up with a solid 1-0 over Monterrey Bay last Saturday that pushed them temporarily into the last playoff spot. The only problem is that City has played the most games in the league and the teams around them will have the opportunity to make up the points as Detroit City watches. City travels to Oakland Saturday night and then gets a week off to regroup for the home stretch with seven home games still on the schedule.

WOMEN TAKING CENTER STAGE

The United States has started their campaign to defend their World Cup title in New Zealand. They opened with a comfortable, but largely uninspiring 3-0 win against a completely overmatched Vietnam. Much of the game looked like an offense v defense scrimmage. USA goalkeeper Alyssa Naeher hardly appeared on television during the 90 minute exercise. The USA's inability to finish a series of gilt-edged chances, including a failed Alex Morgan penalty, will not strike fear into any of the other title contenders, especially their next opponents, the Netherlands.

The Dutch scraped past Portugal 1-0, but will be looking to avenge their narrow loss in the 2019 final. This is the first real blockbuster match of the group phase. Brazil will be meeting France on Saturday in another game between top teams. Brazil cruised past Panama 4-0 while France could only manage a 0-0 draw with a resilient Jamaica team.

The kick-off times for the Women's World Cup are not convenient for most US viewers, but Fox is repeating many of the overnight games the following day. Attendances have been strong for all the games and most have been closely fought. However, Germany set its stall out with a 6-0 hammering of Morocco. The Moroccans, like the other eight newcomers, didn't come close to winning. The traditional powers of women's football look like carrying the first round. Only when the elimination rounds come will they start to pick each other off.

CRYSTAL PALACE AND SEVILLA PREPPING FOR DETROIT VISIT

Ahead of their visit to Comerica Park on Sunday evening, Crystal Palace and Sevilla played friendly games closer to home in Europe. Palace, who have now lost forward Wilfried Zaha to Galatasaray in Turkey, defeated lower division English opposition in Crawley Town and Watford before flying to Chicago. They will meet Millionarios of Colombia at Seat Geek Stadium, the former suburban home of MLS' Chicago Fire before coming to Detroit. The Palace traveling squad includes US international defender Chris Richards, who will be looking to push for more minutes in his second year with the Premier League club.

Sevilla has struggled during their preparations, losing to two second division German teams in Hansa Rostock and Magdeburg. The Spanish side's trip to Detroit will be the first of three games across the continent with the other two against La Liga opposition in Real Betis and Atletico Madrid. The appearances of Sevilla, Real Betis, and Atletico Madrid along with the two giants Real Madrid and Barcelona is part of a new initiative to promote La Liga in the United States. They have a ways to go to catch up to the Premier League, but more appearances in more venues will attract more attention. Ideally, this will be the first of many appearances by Spanish teams in the coming years.

Detroit City FC Mens Close to Playoffs !!!

The Detroit City FC Mens currently find themselves in the last playoff spot, by defeating Monterey Bay FC this past Saturday, in a close match 1-0.

The Detroit City FC Mens have 10 games left in the regular season, and will take on the Oakland Roots SC, at Laney College, this Saturday, July 29th at 10:00 pm, before coming back home on Saturday, August 12th at 7:30 pm to host, Charleston Battery at Keyworth Stadium

Photos below are highlights from the Detroit City FC Mens vs. Oakland Roots SC match

Photos provided by Adam J. Dewey

EDITORIAL OPINION

"Hang Mike Pence"

By Raoul Lowery Contreras

Not since the American Civil War (1861-1865) has the population of the United States faced such legal and political conflicts as we are today.

Despite millions of people watching as the catastrophe develops, a few, very few, educated and experienced lawyers have cast the first grenades in the war against democracy in America.

Their target - one man, the one man who unleashed the 21st Century attack on the U.S. Constitution and the American people.

Donald J. Trump.

On election night in 2020 he took the stage of his headquarters hotel and announced that because he led in vote counting, the counting should stop and he would declare victory. That, despite 40-50% of ballots cast that day or by mail waiting to be counted.

We did not know that Trump's inner circle of men and women had decided weeks before the election that he was to claim victory on election night no matter the vote count. With Trump falling into line the conspiracy circuit was complete though the public had no idea that a criminal conspiracy had unleashed the worst constitutional crisis since 11 states violated the Constitution and embarked on war against the United States.

The American Civil War led to the defeat of the anti-United States slave-holder cabal. Nonetheless, the very sore losers implemented a scourge of hate, racism and treason that lingers to this day in the persons of White Nationalists, American Fascists, White Separatists and the infamous Ku Klux Klan that was founded by a white Southern general, war criminal Nathan Bedford Forest.

Special Counsel Jack Smith was appointed by the U.S. Attorney General to look into Donald Trump's behavior and actions regarding Trump's (1) theft and illegal possession of government documents former president Trump was not entitled to; and (2) Trump's actions or inactions on January 6, 2021.

That is when thousands of Trump followers illegally invaded the U.S. Capitol building while Congress was counting the official electoral college vote for President.

Special Counsel Smith has stunned the legal world and Donald Trump's attorney's with a "target letter" in which he clearly states that three separate charges might be for (1) obstruction of an official government proceeding (the electoral vote count by Congress as required by the Constitution); (2) Conspiracy to defraud the government and (3) conspiracy against rights outlined in the Constitution or in federal law.

The third possible charge is strictly from Trump's activities violating the post-Civil War law commonly referred to as the anti-KU KLUX KLAN law.

The law was passed to run-to-ground vicious KKK criminals who terrorized former Negro slaves to keep them from voting and terrorizing congressmen who the former slaves supported.

Specifically, the anti-KKK law prohibits "two or more persons" from conspiring "to injure, threaten, or intimidate a person in any state , territory, or district in the free exercise or enjoyment of any right or privilege secured to him or her by the Constitution or the laws of the U.S."

Does anyone recall a phone call with Georgia's Secretary of State in which the President "asked" the Secretary to find 11,800 votes so Trump could carry Georgia?

Does anyone recall Trumpies wandering through the Capitol building chanting "Hang Mike Pence?"

Does anyone recall seeing United States Senator Josh Hawley (R-Missouri) running through the Senate office building seeking protection from the mob chanting "Hang (VP) Mike Pence?"

Does the law apply to former President Trump? It appears that Special Counsel Smith, or as Trump calls him a "thug," a "deranged" thug and his fellow lawyers at the Department of Justice think so, so do the Attorney Generals and District Attorneys in different states like Michigan and Georgia. Their efforts are based on state laws.

This entire confrontation is occurring because of Trump. He knows he lost the election, he just won't admit it. But that in itself is not illegal, it's the dozens of other illegal acts he committed or directed people to commit that are the former President's problems.

He can thank KKK founder General Nathan Bedfrod for the law that could very well force Trump to receive his mail in a federal prison.

Opinions in this column are not necessarily those of the Publisher or Editor

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02 ASK ABOUT THEIR VISIT
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03 NOTE THEIR VEHICLE
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04 OBSERVE THEIR UNIFORM
Are they wearing a company uniform with matching logos?
05 IDENTIFICATION BADGE
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06 IF IT STILL FEELS WRONG
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May 2021

Salud/*Health*

Play-it-Safe Tips to Protect Young Athletes' Feet and Ankles

(StatePoint) In today's competitive youth sports landscape, injuries are common, and when they do occur, young athletes are often pressured to play through the pain.

"The back-to-school season is prime time for foot and ankle injuries from fall sports like soccer, football and cross country," says Richard Baker, DPM, FACFAS, a foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). "Fortunately, there are many steps parents, coaches and young athletes can take to prevent injuries from occurring in the first place and to discourage kids from playing through pain."

Here are eight play-it-safe tips from the foot and ankle surgeon members of ACFAS to help prevent injuries and to treat them properly when they do occur.

1. Get a pre-season checkup. A pre-season medical evaluation can help identify whether your child could possibly benefit from using an orthotic or wearing a supportive ankle brace while playing. This is especially important for those with previous sprains and injuries.

2. Start the season with new shoes. Old shoes can wear down and become uneven, causing the ankle to tilt. And, as your child's feet may have grown between seasons, their old shoes may not fit. The smart move is to replace athletic shoes at the start of each season. While children under 10 should wear all-purpose sports shoes, older youth athletes should wear sport-specific footwear.

3. Train for the season. It's important that your child's feet and ankles are accustomed to the level of activity required for the sport. Adequate conditioning in the off-season can help maintain a player's ability to meet these demands, reducing their risk of injury and improving their performance during the season.

4. Encourage warmup exercises. Calf stretches and light jogging before competition help warm up ligaments and blood vessels, reducing injury risk.

5. Check fields for dips, divots and holes. Ninety percent of ankle sprains are due to poor playing conditions. That's why some surgeons recommend walking the field, especially in non-professional settings like public parks, looking for spots that could catch a player's foot. Alert coaching officials to any irregularities.

6. Watch their technique. A difference in the way your child is moving is often a tell-tale sign that something is wrong. Playing with pain is never a winning strategy so encourage kids to be honest about pain or discomfort.

7. Be mindful of other physical activities. Your child doesn't need to be involved in a formalized athletic program to be vulnerable to sports-related injuries. Foot and ankle surgeons warn of common injuries like plantar fasciitis, bone spurs, fractures and Achilles tendonitis due to repetitive, forceful motions, which can occur in activities such as skateboarding. When skateboarding or engaged in other non-formal activities, always wear protective gear, including supportive shoes, and seek treatment when there is pain or injury.

8. Remember RICE. Often, an injured foot or ankle can be treated with rest, ice, compression and elevation. Those with foot or ankle pain should take a break from playing and allow time for recovery. If pain persists, something more serious may be happening, such as cartilage injuries or broken bones in the foot. Consult a foot and ankle surgeon for a complete evaluation, proper diagnosis and treatment plan. The sooner rehabilitation starts, the sooner your child can safely get back into the game.

For more information on pediatric foot care or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

Consejos de Play-it-Safe para proteger los pies y los tobillos de los atletas jóvenes

(StatePoint) En el panorama competitivo de los deportes juveniles de hoy en día, las lesiones son comunes y, cuando ocurren, los atletas jóvenes a menudo se ven presionados a jugar a pesar del dolor.

"La temporada de regreso a la escuela es el mejor momento para las lesiones de pie y tobillo de los deportes de otoño como el fútbol, el fútbol americano y el campo a través", dice Richard Baker, DPM, FACFAS, cirujano de pie y tobillo y miembro del Colegio Estadounidense de Cirujanos de Pie y Tobillo (ACFAS). "Afortunadamente, hay muchos pasos que los padres, entrenadores y atletas jóvenes pueden tomar para prevenir lesiones en primer lugar y para disuadir a los niños de jugar con dolor".

Aquí hay ocho consejos de seguridad de los cirujanos de pie y tobillo miembros de ACFAS para ayudar a prevenir lesiones y tratarlas adecuadamente cuando ocurran.

1. Hágase un chequeo de pretemporada. Una evaluación médica de pretemporada puede ayudar a identificar si su hijo podría beneficiarse del uso de una ortesis o una tobillera de apoyo mientras juega. Esto es especialmente importante para aquellos con esguinces y lesiones anteriores.

2. Empieza la temporada con zapatos nuevos. Los zapatos viejos pueden desgastarse y volverse desiguales, lo que hace que el tobillo se incline. Y, como los pies de su hijo pueden haber crecido entre temporadas, es posible que sus zapatos viejos no le queden bien. El movimiento inteligente es reemplazar los zapatos deportivos al comienzo de cada temporada. Mientras que los niños menores de 10 años deben usar zapatos deportivos para todo uso, los atletas jóvenes mayores deben usar calzado deportivo específico.

3. Entrena para la temporada. Es importante que los pies y los tobillos de su hijo estén acostumbrados al nivel de actividad requerido para el deporte. Un acondicionamiento adecuado fuera de temporada puede ayudar a mantener la capacidad de un jugador para cumplir con estas demandas, reduciendo el riesgo de lesiones y mejorando su rendimiento durante la temporada.

4. Fomente los ejercicios de calentamiento. Los estiramientos de pantorrillas y el trote ligero antes de la competencia ayudan a calentar los ligamentos y los vasos sanguíneos, lo que reduce el riesgo de lesiones.

5. Verifique los campos en busca de depresiones, huecos y huecos. El noventa por ciento de los esguinces de tobillo se deben a malas condiciones de juego. Es por eso que algunos cirujanos recomiendan caminar por el campo, especialmente en entornos no profesionales como parques públicos, en busca de lugares que puedan atrapar el pie de un jugador. Alertar a los oficiales de entrenamiento sobre cualquier irregularidad.

6. Cuida su técnica. Una diferencia en la forma en que su hijo se mueve es a menudo una señal reveladora de que algo anda mal. Jugar con el dolor nunca es una estrategia ganadora, así que anime a los niños a ser honestos sobre el dolor o la incomodidad.

7. Sea consciente de otras actividades físicas. Su hijo no necesita participar en un programa atlético formal para ser vulnerable a las lesiones relacionadas con los deportes. Los cirujanos de pie y tobillo advierten sobre lesiones comunes como fascitis plantar, espolones óseos, fracturas y tendinitis de Aquiles debido a movimientos repetitivos y contundentes, que pueden ocurrir en actividades como andar en patineta. Cuando ande en patineta o participe en otras actividades no formales, siempre use equipo de protección, incluidos zapatos de apoyo, y busque tratamiento cuando tenga dolor o lesiones.

8. Recuerda ARROZ. A menudo, un pie o tobillo lesionado se puede tratar con reposo, hielo, compresión y elevación. Las personas con dolor en el pie o el tobillo deben tomarse un descanso del juego y permitir que se recupere. Si el dolor persiste, puede estar ocurriendo algo más grave, como lesiones en los cartílagos o huesos rotos en el pie. Consulte a un cirujano de pie y tobillo para una evaluación completa, un diagnóstico adecuado y un plan de tratamiento. Cuanto antes comience la rehabilitación, antes podrá su hijo volver al juego de forma segura.

Para obtener más información sobre el cuidado pediátrico de los pies o para encontrar un cirujano de pie y tobillo cerca de usted, visite FootHealthFacts.org, el sitio web de educación para pacientes del Colegio Estadounidense de Cirujanos de Pie y Tobillo.

Goodwill of Greater Detroit and Southwest Solutions will Host Behavioral Health Job Fair

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For more information:
313.557.8781 or roberta.bowens@goodwilldetroit.org
Goodwill of Greater Detroit
Southwest Solutions

Detroit, Mich., July 17, 2023 - Goodwill Industries of Greater Detroit and Southwest Solutions are partnering to host a behavioral health job fair from 10 a.m. to 4 p.m. on Friday, July 28 at 3111 Grand River Avenue in Detroit. Multiple nonprofits from across metro Detroit will be on-site to connect with recent graduates and prospective job candidates in the behavioral health field, including mental health professionals, social workers, case managers, counselors, job coaches and applied behavior analysis technicians.

"Southwest Solutions is presently looking to fill more 26 open positions primarily in our counseling sector and these positions represent only a fraction of the jobs featured at the event," said Sean De Four, president and CEO of Southwest Solutions. "Whether it's finding the perfect candidate for a much-needed role or just simply making a new professional connection, the value of this job fair cannot be understated."

The Behavioral Health Job Fair is free to attend. Job seekers can park adjacent to the building and are asked to register upon arrival.

Candidates interested in more information should contact Roberta Bowens, 313.557.8781 or roberta.bowens@goodwilldetroit.org.

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